

Recreation and leisure activities are a critical dimension of the quality of life for all people, including people with developmental disabilities – an often-forgotten segment of the population. They are a vehicle through which people have fun, meet new friends, and develop skills and competencies. Adult Leisure programs were launched by Miriam Intervention (Gold Centre) in November 2011 and are made possible by the Miriam Foundation through the generous and ongoing support of the Azrieli Foundation.

POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. Payment must be made either with a cheque, e-transfer or credit/debit card.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- There will be no groups on October 8, 9, 10 - Thanksgiving

RESPONSIBILITIES OF HOME OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.
- To provide the animators of the group with replacement emergency telephone numbers if and when needed.

INFORMATION AND REGISTRATION:

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Please note registration must be done prior to September 9 2022.

SCHEDULE AZRIELI ADULT LEISURE PROGRAMS

2022 FALL SESSION



MIRIAM FOUNDATION-GOLD CENTRE FALL 2022 LEISURE PROGRAMS SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					COFFEE CLUB 9 TO 11 AM	COFFEE CLUB 9 TO 11 AM
			SWIMMING YM-YWHA 5 TO 6 PM		MUSEUM VISITS 10 TO 1 PM	BREAKFAST CLUB 10 TO 12 PM
					COFFEE CLUB 1 TO 3 PM	COFFEE CLUB 1 TO 3 PM
					RECORDING SOUND CLUB VARIOUS LOCATIONS 12 TO 3 PM	PUZZLE GROUP MF 1 TO 3 PM
BINGO MF* 6 TO 8 PM	YOGA MF 6 TO 7 PM	TAKING CARE MF 6 TO 8 PM	NEXT CHAPTER BOOK CLUB CONCORDIA U. 6 TO 7:30 PM		BAKING MF 1 TO 4 PM	CINEMA OUTINGS 1 TO 4 PM
MOVIE CLUB MF 6 TO 9 PM	POETRY SOCIETY MF 6 TO 8 PM	BOWLING ROSEBOWL 6 TO 8 PM	DRAMA MF 6 TO 8 PM	LINE DANCING MF 6 TO 8 PM		
	ARMCHAIR TRAVELLERS MF 6 TO 8 PM	GLEE CLUB MF 6 TO 8 PM	BOARD GAMES MF 6 TO 8 PM		GOOD ROCKIN' TONIGHT MF 7 TO 9 PM	COOKING CLUB MF 1 TO 5 PM
MF* = MIRIAM FOUNDATION (5703 FERRIER)						

The Armchair Travellers Group is for anyone missing going on a trip or anyone who simply loves to hear travel stories and learn about the many wonderful and fascinating places in our world! Weekly meetings will consist of seeing a slide show presentation about a specific location and touring famous landmarks, as well as the possibility of guest speakers presenting their favourite trips. Travel to and from the Miriam Foundation will be organized by the home or case manager, or by the participants themselves.

THE OBJECTIVES OF THE ARMCHAIR TRAVELLERS GROUP:

- To have the opportunity to learn about various parts of the world
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE ARMCHAIR TRAVELLERS GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of one animator to six participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.

SCHEDULE AND FEES:

- The Armchair Travellers group will begin on Tuesday, October 4, 2022 and run for 12 weeks until Tuesday, December 20, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 6 to 8 pm and will take place at the Miriam Foundation (5703 Ferrier).
- This group will need a minimum of 4 participants and a maximum of 6.
- This group will cost \$20.00

Baking is often thought of as being a very skilled talent. However, with proper instruction, the joy of baking can be very accessible. Baking is also a very relaxing and enjoyable activity, particularly when done with friends. For many adults with special needs, to bake is not common at all. The baking club will combine the enjoyment of baking with teaching cooking skills and nutrition. In this club, participants will prepare one or two baked goods together. Travel to and from the Miriam Foundation will be organized by the home or case manager, or by the participants themselves.

THE OBJECTIVES OF THE BAKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills.
- To provide the opportunity for participants to cook in a safe and supported environment where their confidence and autonomy are encouraged.
- To have the opportunity to participate in decision making in terms of menu planning.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To provide participants with skills they can use on their own.
- To have fun doing all the above.

THE CRITERIA FOR PARTICIPATING IN THE BAKING CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of one animator to 6 participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group..

SCHEDULE AND FEES:

- The Baking Club will begin on Saturday, October 1, 2022 and run for 12d weeks until Saturday, December 17, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 1:00 pm to 4:00 pm and will take place at the Miriam Foundation (5703 Ferrier).
- The group will need a minimum of 4 participants and a maximum of 6.
- This group will cost \$20.00

Playing bingo is a very popular pass-time and seems to be more popular than ever. This group will play several games in the course of the evening. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the Miriam Foundation will be organized by the home or case manager, or by the participants themselves.

THE OBJECTIVES OF THE BINGO GROUP:

- To have the opportunity to learn and to play bingo in a supportive group of peers.
- To socialize in a supportive peer group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BINGO GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to six participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.

SCHEDULE:

- The Bingo group will begin on Monday, October 3, 2022 and run for 12 weeks until Monday, December 19, 2022.
- The group will run from 6 to 8 pm at the Miriam Foundation (5703 Ferrier).
- This group will need a minimum of 5 participants and a maximum of 8.
- This group will cost \$20.00

Playing board games is a very popular pastime and seems to be more popular than ever. The participants in this group will be introduced to a wide-variety of popular as well as traditional board games. The group will spend time learning about a new board game and then playing it. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the Miriam Foundation will be organized by the home or case managers, or by the participants themselves, if possible.

THE OBJECTIVES OF THE BOARD GAMES GROUP:

- To have the opportunity to learn to play new board games in a supportive group, as well as to play old favourites, in an informal setting.
- To socialize in a supportive peer group.
- To have the opportunity to participate in decision making in terms of board game choices.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BOARD GAMES GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to eight participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Board Games group will begin on Thursday, October 6, 2022 and continue for 12 weeks until Thursday, December 22, 2022.
- The group will run from 6:00 to 8:00 p.m. at the Miriam Foundation (5703 Ferrier)
- The cost to participate is \$20.00.
- The group will need a minimum of 6 participants and a maximum of 8.

Bowling is a great and fun activity, enjoyed by all ages and abilities. Bowling provides the opportunity to be physically active as well as to socialize with new and old friends. The Bowling Club will run like a real league, with the group enjoying a friendly competition amongst themselves. The group will play three games together, per evening. Travel to and from the bowling alley will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE BOWLING CLUB:

- To develop and to practice the skills of cooperation and collaboration with others.
- To interact effectively and supportively with the other group members.
- To interact effectively with the animators of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE BOWLING CLUB:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate in a group without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two animators to 12 participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.

SCHEDULE AND FEES:

- The Bowling Club will begin on Wednesday, October 5, 2022 and run for 12 weeks until Wednesday, December 21, 2022.
- The group will meet at the Rose Bowl, 6510 rue St. Jacques; the group will run from 6:00 to 8:00 pm.
- The cost of participation is \$40.00.
- This group will need a minimum of 6 participants and a maximum of 12.

For most people, the weekends are times when we socialize with friends and do things at a more relaxed pace than during the week. This Breakfast Club is an opportunity for participants to socialize with their peers and to learn about various parts of Montreal, while enjoying a very typical weekend activity—brunch.

The Breakfast Club will meet once a week: one group on Saturdays and another group on Sundays. The groups will try out various breakfast restaurants in the Montreal area. Travel to and from the designated restaurant will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE BREAKFAST CLUB:

- To provide an opportunity for a weekend outing in an informal and semi-structured way.
- To develop inter-dependant friendships with the other members of the group.
- To provide a fun weekend activity.
- To develop and to practice appropriate social behaviours in the community.
- To provide opportunities for positive social integration
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BREAKFAST CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to four participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the community without interfering with the enjoyment of others and to interact with the animators of the group.
- **Participants to bring with them about \$15-\$20 to cover the cost of breakfast for themselves.**

SCHEDULE AND FEES:

- The Sunday Breakfast Club will begin on Sunday, October 2, 2022. The group will run for 12 weeks until the weekend of December 18, 2022 (EXCEPT AS NOTED BELOW).
- The groups will meet at various restaurants from 10:00 am to 12:00 pm.
- The cost to participate is \$20.00; participants should also bring about \$15 to \$20 per outing to pay for their own breakfast.
- These groups will need a minimum of 3 participants and a maximum of 4.

Going out to the movies with friends is a very typical and very enjoyable weekend activity. It is a great way to meet and catch up with friends, to meet new friends, to have a chance to hang out, as well as to see a movie in the theatre. Often, however, our participants do not have a chance to or are not able to coordinate seeing movies in groups.

This group will provide the chance for movie-lovers to get together on the weekend to see a matinee. The group will meet on Sunday afternoons at a local cinema. Here they will decide the film they will watch together. Afterward they may decide to hang out and discuss the movie they just watched. Travel to and from the cinema will be organized by the home or case managers, or by the participant, if possible. Movie tickets will be provided.

THE OBJECTIVES OF THE CINEMA OUTING GROUP:

- To provide a weekend activity for participants to do in a group, sharing their common interest
- To encourage the building of interdependent friendships with the other members of the group
- To develop and practice the skills of cooperation and collaboration with others in deciding on a film
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE CINEMA OUTING GROUP:

- Participants will be 18 or older
- Participants must be able to interact effectively with the other group members and with the animator of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must be able to use a public toilet securely and independently
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to get to the designated cinema on their own, either by Adapted Transport or by public transportation
- Participants must be able to be in crowds without any behavioural or medical demands
- Participants must be able to participate in a group with a ratio of 2 animator to 10 participants
- Participants to bring money for snacks if they want.

SCHEDULE AND FEES:

- The Cinema Outings Group will begin Sunday, October 2, 2022, and will run for 12 weeks until Sunday, December 18, 2022 (EXCEPT AS NOTED BELOW).
- The group will meet at the Cine Starz entrance of Plaza Cote des Neiges (6700 Ch. De la Cote-des-Neiges) around 1:00 pm until about 4:00 pm, depending on the start time of the film
- The cost of participation is \$40.00.
- This group will need a minimum of 6 and a maximum of 10 participants.

Often, in the lives of our participants, weekends can be very long periods of time without much activity. Particularly for participants who are not very physically active, Saturday and Sunday can be a period when no organized or scheduled activities take place. For participants who depend on Adapted Transport and assistance in coordinating and overseeing their activities, weekends can be even more challenging and a frustratingly lonely time. Simply going out for coffee can be a highlight of the weekend for people who are not as active but who still enjoy social outings. Together with the animator, the group will decide whether they will meet at the same coffee shop each week or visit a new café each time. Travel to and from the coffee shop will be organized by the home or case managers, or by the participant.

THE OBJECTIVES OF THE COFFEE CLUB:

- To provide an opportunity for a weekend outing in an informal and semi-structured way.
- To develop inter-dependant friendships with the other members of the group.
- To develop and to practice appropriate social behaviours in the community.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE COFFEE CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to four participants.
- Participants must have social skills that allow them to travel safely on public transportation or with Adapted Transport, to integrate into activities in the community without interfering with the enjoyment of others and to interact with the animators of the group.
- Participants to bring with them enough money to purchase a beverage and snack, if so desired.

SCHEDULE AND FEES:

- We will be offering 3 different Coffee Clubs over the course of the weekend: either Saturdays from 9:00 am to 11:00 am or from 1:00 pm to 3:00 pm; or on Sundays from 9:00 am to 11:00.
- Beginning the weekend of October 1-2, 2022, each Coffee Club will meet at various cafes once a weekend for 12 weeks until the weekend of December 17-18, 2022 (EXCEPT AS NOTED BELOW).
- Cost for participation will be \$20.00. In addition, participants must bring money each week to purchase their own beverage and snack, if desired.
- Each group will need a minimum of 3 participants and a maximum of 4.

COOKING CLUB

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Many people consider cooking to be a very relaxing and enjoyable activity, particularly when done with friends. However, for many adults with special needs, cooking is not common at all, with many meals consisting of frozen dinners. The cooking club combines the enjoyment of cooking with teaching cooking skills and nutrition. In this club, participants will prepare a meal together and then sit down to enjoy the fruits of their labour. They will also have prepared enough food to take a meal home to have the next day. The participants will prepare a menu together, and will also learn about preparing a balanced meal, about the food groups, and healthy eating. Two animators will share the teaching of this group. Travel to and from the Miriam Foundation will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE COOKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills.
- To provide the opportunity to learn about nutritious eating and menu planning.
- To provide the opportunity for participants to cook in a safe and supported environment where their confidence and autonomy are encouraged.
- To have the opportunity to participate in decision making in terms of menu planning.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To provide participants with skills they can use on their own.
- To provide participants with a home-cooked meal they can take home and enjoy.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE COOKING CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to 6 participants
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Cooking Club will begin on Sunday, October 2, 2022 and run for 12 weeks until Sunday, December 18, 2022 (EXCEPT AS NOTED BELOW).
- The group will meet at the Miriam Foundation (5703 Ferrier), and will run from 1:00 pm to 5:00 pm.
- The cost of participation is \$40.00
- The group will need a minimum of 4 participants and a maximum of 6.

DRAMA CLUB

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Expressing yourself through drama can be a very liberating experience. The act of becoming someone else, embodying different qualities and characteristics, and acting out various scenarios is an incredibly empowering, enriching, and even transformative process.

The drama club will consist of using dramatic techniques to allow participants to fully express themselves. The group will focus on learning drama skills to promote creative self-expression, self-confidence and positive social interaction. Through drama improvisation games and activities the participants will be encouraged to generate their own creative ideas. These ideas will then be used to create original stories. Participants will learn how to create and enact scenes based on their own ideas.

THE OBJECTIVES OF THE DRAMA CLUB:

- To learn and use various dramatic techniques including improvisation, various theater games and activities, storytelling, enactment, and role playing
- To broaden participants' range of expression of feelings
- To encourage the development of participants' creativity, imagination and self-expression
- To develop a welcoming community in which everyone feels confident to share their ideas and to express these through the dramatic medium.
- To work collaboratively and with respect for everyone's expression.
- To develop social skills and to reinforce appropriate social behaviour
- To develop and experience positive interactions with the other members of the group
- To develop inter-dependant friendships with the other members of the group
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATION IN THE DRAMA CLUB:

- Participants will be 18 or older
- Participants must be able to participate in a group with a ratio of 1 animator to 8 participants
- Participants must be able to interact effectively and respectfully with the other group members and with the animator and volunteers of the group
- Participants must be willing to express themselves in a group using drama
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator

SCHEDULE AND FEES:

- The Drama Club will begin on Thursday, October 6, 2022 and run for 12 weeks until Thursday, December 22, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 6 to 8 pm at the Miriam Foundation (5703 Ferrier)
- This group will need a minimum of 4 participants and a maximum of 6.
- The group will cost \$40.00

GLEE CLUB

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



The Glee Club will be a group of men and women who love to sing, and to perform. Most days will consist of some combination of singing old favourites and learning a new piece of music to sing together as a choir. The music will reflect the interests, and be planned with reference to the needs and abilities, of the participants. One of the goals of this group will be to perform for others, as in addition to end-of-session concerts, from time to time the Glee Club is invited to make appearances at fundraising and other community events. Travel to and from the Miriam Foundation will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE GLEE CLUB:

- For the participants to express themselves musically in harmony with others
- To develop and to practice the skills of cooperation and collaboration with others.
- To contribute to the group effort in learning new music.
- To interact effectively and supportively with the other group members.
- To interact effectively with the animators of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE GLEE CLUB:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate in a choral group without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two animators to 10 participants.

IMPORTANT NOTE: In the past, Glee Club participants have often performed publicly, several times in a session. Participants must sign a photo release consent form in order to be a part of these performances.

SCHEDULE AND FEES:

- The Glee Club will begin on Wednesday, October 5, 2022 and run for 12 weeks until Wednesday, December 21, 2022.
- The group will meet at the Miriam Foundation, 5703 Ferrier, from 6:00 pm to 8:00 pm.
- The cost of participation is \$20.00.
- This group will need a minimum of 8 participants and a maximum of 10.

GOOD ROCKIN' TONIGHT CLUB

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Going out dancing is great fun. Everyone enjoys meeting up with friends and having a good time. Good Rockin' Tonight is a weekly dance party where new and old friends get to enjoy great music (we are often joined by our own DJ!), lots of dancing and some light snacks and refreshments.

The Objectives of GOOD ROCKIN' TONIGHT:

- For the participants to practice their social skills in a social setting.
- To interact effectively with the other group members and with the animators of the group.
- To develop and to reinforce inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

The criteria for participation in GOOD ROCKIN' TONIGHT:

- Participants must be 18 or older.
- Participants must be physically able to get from place to place with only minimal assistance from the animators.
- Participants must have social skills that allow them to integrate into the group without interfering with the enjoyment of others and interact cooperatively with the group animators.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must not have behaviours that consistently prevent them or the group from participating in planned activities or that demand one to one attention from the animators.
- Participants must be able to participate in a loosely structured group in a secure setting with a staff ratio of two animators to 25 or more participants.
- Participants must be independent in their eating, drinking and toileting.
- Participants may come with an accompanier to enable them to meet all of the above criteria.
- To participate in the activities or to sit them out without disruption.
- To respond to the suggestions and direction of the animators and to comply with the safety and security rules and to stay within the allotted area of the Miriam Foundation building in all situations.

SCHEDULE AND FEES:

- The Good Rockin' Tonight group will begin on Saturday, October 1, 2022 and run for 12 weeks until Saturday, December 17, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 7 to 9 pm at the Miriam Foundation (5703 Ferrier)
- This group will need a minimum of 15 participants and a maximum of 30.
- The group will cost \$40.00

LINE DANCING GROUP

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Dancing and physical expression is a freeing experience. Much joy and satisfaction comes from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations. However, being physically active is not always something people are able to do, have the opportunity to become involved with, or have access to. This group will offer a chance for participants to try out line dancing and the self-expression it encourages, while listening to great music.

THE OBJECTIVES OF THE LINE DANCING GROUP:

- To help participants develop a level of awareness of their physical abilities
- To develop and practice line dancing related movements and skills
- To develop and practice the skills of cooperation and collaboration with other group members
- To interact effectively and supportively with the other group members.
- To interact effectively with the animator of the group.
- To develop inter-dependent friendships with the other members of the group
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATION IN THE DANCE AND MOVEMENT GROUP:

- Participants will be 18 or older
- Participants must be able to interact effectively with the other group members and with the animator and volunteers of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to participate in a group with a ratio of 1 animator to 10 participants.

SCHEDULE AND FEES:

- The Line Dancing group will begin on Friday, October 7, 2022 and run for 12 weeks until Friday, December 23, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 6 to 8 pm at the Miriam Foundation (5703 Ferrier)
- This group will need a minimum of 5 participants and a maximum of 10.
- The group will cost \$20.00

Watching movies is often a very common pastime for adults with special needs. However, exposure to interesting films, which would provide the chance for discussion, is not often incorporated into this activity. This group would encourage participants to become active movie-watchers rather than simply being passive watchers. The group would spend time deciding what movies they would watch, thereby giving their interests a voice. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the Miriam Foundation will be organized by the home or case managers, or by the participant themselves, if possible.

THE OBJECTIVES OF THE MOVIE CLUB:

- To have the opportunity to view short films, Canadian movies, and old favourites and also have the chance to discuss these.
- To socialize in a supportive, peer group.
- To have the opportunity to participate in decision making in terms of viewing choices.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE MOVIE CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two animators to ten or more participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Movie Club will begin on Monday, October 3, 2022 and continue for 12 weeks until Monday, December 19, 2022. (EXCEPT AS NOTED BELOW).
- The group will meet at the Miriam Foundation, 5703 Ferrier, and run from 6:00 to 9:00 pm.
- The cost to participate is \$20.00.
- THE GROUP WILL NEED A MINIMUM OF 10 PARTICIPANTS AND A MAXIMUM OF 12

MUSEUM VISITS GROUP

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Montreal is definitely a museum town, with over 50 museums! From the fine arts to glass-blowing, and from science to animals, the variety is incredible. Additionally, most museums offer an educational component, from recreating a painting, to hands-on science experiments, which only helps to round-out a visit. Spending time exploring art work or various artifacts in the company of friends is a classic weekend activity.

THE OBJECTIVES OF THE MUSEUM VISITS GROUP:

- To provide participants with the opportunity to explore the various museum, galleries, and centres of the city of Montreal.
- To provide the opportunity for participants to experience all that these museums and centres have to offer
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATING IN THE MUSEUM VISITS GROUP:

- Participants will be 18 years or older.
- Participants must have the receptive verbal and social skills that will enable them to participate without interfering with the enjoyment of others and to be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of 2 animators to 6 participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Museum Visits Group will begin on Saturday, October 1, 2022 and run for 12 weeks until Saturday, December 19, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 10 to 1 pm, meeting at various museums
- This group will need a minimum of 4 participants and a maximum of 6.
- The group will cost \$40.00

Book clubs are a very popular pastime for many people, as is simply reading for pleasure. The interest in and ability to read of our participants is often over-looked. This Montreal branch of the Next Chapter Book Club, which originated from Ohio State University (<http://chaptersahead.org/what-we-do/next-chapter-book-club/>), is a book club set up for adults with special needs, regardless of their reading abilities. The book club will read popular novels based on the interests of the participants and spend each weekly meeting reading and discussing the various novels.

THE OBJECTIVES OF THE NEXT CHAPTER BOOK CLUB:

- To read popular novels with assistance, if needed, and to do so in the company of other people who enjoy reading and listening to stories
- To support each other and the group as a whole by listening to the opinions of each other
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE NEXT CHAPTER BOOK CLUB:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others and to be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a ratio of 1 animator to 5 participants.

SCHEDULE AND FEES:

- The Next Chapter Book Club will begin on Thursday, October 6, 2022 and run for 12 weeks until Thursday, December 22, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 6 to 7:30 pm at Concordia University, 1445 de Maisonneuve Blvd. W.
- This group will need a minimum of 3 participants and a maximum of 5.
- The group will cost \$40.00

Writing is a creative outlet often thought to be out of reach and not usually encouraged, however the self-expression allowed through poetry and short stories can be so vital. Writing allows a glimpse into a person's heart and into their true feelings. And, contrary to what most people think, it is much more accessible than we imagine. This group will work on individual and group projects. The animator will help with writing where needed. Illustrations are encouraged.

THE OBJECTIVES OF THE POETRY SOCIETY

- To work on and explore various poetry techniques and writing styles
- To encourage participants to express themselves through words
- To work collaboratively or together as a group
- To support each other and the group as a whole by listening to the opinions of each other
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE POETRY SOCIETY:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others and to be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a ratio of 1 animator to 5 participants.

SCHEDULE AND FEES:

- The Poetry Society will begin on Tuesday, October 4, 2022 and run for 12 weeks until Tuesday, December 19, 2022 (EXCEPT AS NOTED BELOW).
- The group will run from 6 to 8 pm at the Miriam Foundation (5703 Ferrier)
- This group will need a minimum of 3 participants and a maximum of 5.
- The group will cost \$20.00

PUZZLE GROUP

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Working on a puzzle is a very popular pass-time. It is a challenge for one person or a group working on a puzzle together. This group will either work on one puzzle together or participants can also put together a puzzle on their own. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the Miriam Foundation will be organized by the home or case manager, or by the participants themselves.

THE OBJECTIVES OF THE PUZZLE GROUP:

- To have the opportunity to challenge oneself in working on a puzzle in a supportive group of peers.
- To socialize in a supportive peer group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE PUZZLE GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to six participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.

SCHEDULE:

- The Puzzle group will begin on Sunday, October 2, 2022 and run for 12 weeks until Sunday, December 18, 2022.
- The group will run from 1 to 3 pm at the Miriam Foundation (5703 Ferrier).
- This group will need a minimum of 5 participants and a maximum of 8.
- This group will cost \$20.00

RECORDING SOUND CLUB

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Our memories are stimulated by the music we hear. Music surrounds us and moves us; it is the beat that most affects humans. Many people are greatly and positively impacted by music and beats, having a strong instinctive response to it. The Recording Sound Club will allow participants to explore various instruments and recording equipment, creating their own music. Participants will learn about beats and rhythms. They will work together or individually to create their own music, and, in general, participate in very lively, energetic musical jam-sessions. This group will take place in various studios, depending on the type of equipment being used each week.

THE OBJECTIVES OF THE RECORDING SOUND CLUB:

- To develop and to practice the skills of cooperation and collaboration with others.
- To support each other and the group as a whole by listening to the opinions and recollections of each other
- To interact effectively with the other group members.
- To interact effectively with the animators of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE RECORDING SOUND CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of 2 animator to 6 participants.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Recording Sound Group will begin on Saturday, October 1, 2022 and continue for 12 weeks until Saturday, December 18, 2022.
- The group will run from 12 to 3 pm in various loctions
- The cost to participate is \$20.00.
- The group will need a minimum of 4 participants and a maximum of 6.

SWIMMING GROUP

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



Swimming is a relaxing yet challenging activity, offering many health benefits as well as being a fun and refreshing exercise. Being comfortable in the water and, most importantly, safe, is of paramount importance to thoroughly enjoying this activity. For people with either physical or intellectual disabilities who know how to swim, being able to regularly go for a swim is not always a possibility, yet the benefits and the obvious enjoyment resulting from this activity are countless.

The Swimming group will provide participants with the opportunity to enjoy the water in a safe, supervised environment, while taking part in various, gentle organized activities. The fun of being in the water and the feeling of physical freedom that this allows will be strongly encouraged. Travel to and from the YM-YWHA swimming pool will be organized by the home or case managers, or by the participant themselves, if possible.

THE OBJECTIVES OF THE SWIMMING GROUP:

- To develop safety skills in the water and to practice these.
- To develop a level of awareness of the participants' own physical abilities.
- To engage in an enjoyment of being in the water with other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE SWIMMING GROUP:

- Participants will be 18 or older
- Participants will either be able to swim well on their own, or, in the case of someone with a physical disability, be accompanied by a shadow
- Participants must be able to put on their own swim suits and change out of these at the end of the group with only some supervision from the animators or any volunteers
- Participants must be able to interact effectively with the other group members and with the animators and volunteers of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to participate in a group with a ratio of 2 animator to 6 participants

SCHEDULE AND FEES:

- The Swimming group will begin Thursday, October 6, 2022 and run for 12 weeks until Thursday, December 22, 2022.
- The group will meet at the YM-YWHA pool, 5400 Westbury (H3W 2W8) from 5 to 6 pm.
- The cost of participation is \$40.00.
- This group will need a minimum of 6 and a maximum of 8 participants.

TAKING CARE GROUP

2022 FALL SESSION

AZRIELI ADULT LEISURE PROGRAM



In our often taxing and stressful lives, having time to just relax and take care of oneself is not usually a priority. The 'Taking Care' group will attempt to help with that! Manicures and facials, tea breaks, meditation, and chatting with friends are all a balanced prescription for self-care and for feeling rejuvenated and rested. Participants can join for some or all of what will be on-offer.

THE OBJECTIVES OF THE TAKING CARE GROUP:

- To allow participants a space where they can unwind and relax
- To introduce participants to various relaxation techniques, including meditation and breathing exercises
- To provide simple manicures and/or facials for participants
- To encourage friendly and supportive interactions between participants, as well as a chance to share
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATION IN THE TAKING CARE GROUP:

- Participants will be 18 or older
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must be able to participate in a group with a ratio of 1 animator to 6 participants.

SCHEDULE AND FEES:

- The TAKING CARE group will begin on Friday, October 7, 2022 and run for 12 weeks until Friday, December 23, 2022.
- The group will run from 6 to 8 pm at the Miriam Foundation (5703 Ferrier)
- This group will need a minimum of 5 participants and a maximum of 6.
- The cost of the group is \$20.00

The practice of yoga is a long-standing tradition. Yoga is an incredibly accessible activity that can be adapted to anyone's abilities. It involves relaxation techniques, gentle stretches, as well as more intense movements and poses. The practice of yoga can help to control and calm emotions, remove anxieties and can allow a person to feel a greater sense of focus, control, and increase self-esteem. Much joy and satisfaction alone comes from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations.

THE OBJECTIVES OF THE YOGA GROUP:

- To help participants develop a level of awareness of their physical abilities
- To develop and practice relaxation techniques and various yoga poses
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATION IN THE YOGA GROUP:

- Participants will be 18 or older
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must be able to participate in a group with a ratio of 1 animator to 6 participants.

SCHEDULE AND FEES:

- The Yoga group will begin on Tuesday, October 4, 2022 and run for 12 weeks until Tuesday, December 20, 2022.
- The group will run from 6 to 7 pm at the Miriam Foundation (5703 Ferrier)
- This group will need a minimum of 5 participants and a maximum of 6.
- The cost of the group is \$20.00